



# Important Medi-Cal Changes For People with Disabilities and Seniors

Most people with disabilities and seniors who have Medi-Cal only must enroll in a Medi-Cal Health Plan.

.....

You can choose which Medi-Cal Health Plan in your county you want to enroll in.

.....

## **What is a Medi-Cal Health Plan?**

In a Medi-Cal Health Plan, you get care from the doctors, hospitals, and providers in your Plan. You do not pay anything to join or be in a Medi-Cal Health Plan. You are still on Medi-Cal.

## **Do I need to change doctors and hospitals?**

Maybe. You might be able to stay with both. Ask your doctors and hospitals which Plans they take. Or call the Plans and ask. When you enroll, choose the Plan that your doctors and hospitals work with. Even if your doctor is not in your Plan, you may be able to keep seeing that doctor.

## **When do I need to enroll in a Medi-Cal Health Plan?**

We will mail you more information 60 days before your birth month. You must choose a Medi-Cal Health Plan before or during your birth month. Your membership starts the following month.

## **What about the care I get through a special Medi-Cal program?**

If you get care through a special Medi-Cal program (like CCS, GHPP, or Waiver) your care for those conditions will not change. But, you will get other care through a Medi-Cal Health Plan.

## **What if I don't do anything?**

If you do not enroll in a Medi-Cal Health Plan by the end of your birth month, we will choose one for you. Then, your new Medi-Cal Health Plan will send you a membership card.

## **I'm already in a Medi-Cal Health Plan. Do I need to do anything?**

No, you do not need to do anything. Your health care will stay the same.

## **What if I have a problem with Medi-Cal, my Plan, or getting the care I need?**

- Call the **Help Center: 1-888-466-2219**
- Call the **Medi-Cal Managed Care Ombudsman: 1-888-452-8609**
- Ask for a **Medi-Cal State Hearing: 1-800-952-5253**

For more information or to enroll in a  
Medi-Cal Health Plan call:  
**Health Care Options: 1-800-430-4263**

